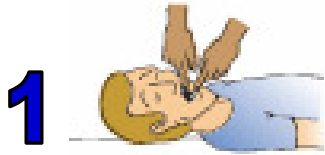


## You can save a life today!

If you suspect someone is overdosing **call 911** then...

Perform rescue breathing while waiting for help to arrive.



Make sure there is nothing in the mouth.



Tilt head back, lift chin and pinch nose.



Breathe into mouth once every 5 seconds!

### Stay with the person.

If you cannot stay, please leave the door open and place them into the recovery position!



# Overdose Facts

## Overdose Risk Factors

- ◆ Using alone
- ◆ Mixing drugs such as opioids, benzos, and alcohol
- ◆ Reduced tolerance due to weight loss, health issues or period of non-use
- ◆ Surviving a past overdose
- ◆ Change in drug purity

## Recognizing an Opiate Overdose

- ◆ Person will not wake up
- ◆ No response to yelling
- ◆ Blue lips or fingernails
- ◆ Clammy cool skin
- ◆ Shallow, slow breathing
- ◆ Seizures or convulsions
- ◆ No response to knuckles being rubbed hard on breast bone

If you suspect someone is overdosing...

**CALL 911!**

Use Narcan if you have it.

Don't wait.

Every second counts!



Lowell Health Department  
341 Pine Street  
Lowell, MA 01851  
(978) 674-4304  
[www.lowellma.gov/depts/](http://www.lowellma.gov/depts/)

3.8.2013 cc

## Drug /Alcohol Treatment Center Resource List



Do you or a loved one  
want help for drug or  
alcohol abuse?

*Now what?*

Massachusetts Treatment Centers

Made possible by the MassCALL2  
Grant Initiative and the  
Massachusetts Department  
of Public Health



# Where to Find Help for Drug and/or Alcohol Dependence!



## Inpatient Detox

### Tewksbury Treatment Center \*

Lahey Health Behavioral Services  
at Tewksbury Hospital  
365 East Street, Tewksbury, MA  
(978) 259-7000

### AdCare Hospital \*\*

107 Lincoln Street  
Worcester, MA  
(800) 345-3552 or (800) 252-6465

### Community Health \*\*\*

68 Jaques Avenue  
Worcester, MA 01810  
(508) 860-1200

### Institute for Health and Recovery

(Intake for multiple inpatient services for  
adolescents and families with children)  
(617) 661-3991

### Spectrum Health Systems \*\*\*

154 Oak Street  
Westborough, MA  
(800) 366-7732

### Danvers Center for NE Behavioral Health

(outpatient and replacement therapy services available)  
111 Middleton Road  
Danvers, MA  
(800) 323-2224 or (978) 777-2121

### Dimock Detox

Roxbury, MA  
(617) 442-8800 x 1320

### SSTAR

Fall River, MA  
(800) 937-3610 or (508) 324-7763  
(also provides services for pregnant women)

\* provides discharge transportation

\*\* door to door transportation provided

\*\*\* transportation from local train station

## Outpatient Detox

### AdCare Hospital

107 Lincoln Street  
Worcester, MA  
(800) 345-3552 and (800) 252-6465

### Spectrum Health Systems

(multiple locations)  
(800) 464-9555

### Caritas NORCAP

(also provides inpatient services)  
71 Walnut Street  
Foxboro, MA  
(800) 331-2900

### Veterans Center

200 Springs Road  
(also provides inpatient services \*\*)  
Bedford, MA  
(800) 422-1617 or (781) 687-2347  
Urgent care (781) 687-2654

## Family & Friends Support

### Al-Anon/Alateen

(888) 425-2666 [www.al-anon.org](http://www.al-anon.org)

### Learn To Cope \*

(508) 801-3247 <http://learn2cope.org/>

### Nasal Narcan Responder Training \*

(multiple locations)  
(800) 327-5050

\* Become a nasal Narcan responder at one of  
these locations (free Narcan and training)

Narcan is a drug that **temporarily** reverses  
an opioid overdose.

## Community Resources

### Lowell House Inc. \*

(outpatient substance abuse services)  
555 Merrimack Street  
Lowell, MA 01854  
(978) 459-8656

### MA Substance Abuse Information and Education Helpline

(800) 327-5050

[www.helpline-online.com](http://www.helpline-online.com)

### Narcotics Anonymous (NA) meetings

(automatic line)  
(866) 624-3578

### Alcoholics Anonymous (AA) meetings

(978) 957-4690

### Massachusetts Poison Control Center

(800) 222-1222

### Suicide Prevention Hotline (24 hr)

(800) 273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Replacement Therapy (Methadone)

#### Habit OPCO

650 Suffolk Street  
Lowell, MA 01854  
(978) 452-5155

### Replacement Therapy (Suboxone)

Locate a trained prescribing doctor  
(866) 973-4373

[www.HereToHelpProgram.com](http://www.HereToHelpProgram.com)

### Lowell Community Health Center

Substance Abuse Treatment  
Office-based Opioid Treatment  
161 Jackson Street  
Lowell, MA 01852  
(978) 937-9700